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FUNKY KINGS
HIP HOP MEETS ROCK ON LOCAL BAND'S FIRST EP {page 12}

TURF WAR
BIKER GANGS CLASH IN WINNIPEG
{page 5}

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LONDON metro®
Thursday, July 14, 2011
www.metronews.ca
News worth sharing.

CONTRIBUTED BY RENATA KAVEH

▶ Edona Abdulai currently attends Saunders Secondary School.

Running in heels? Model hits boot camp

Local teen one of 20 models from across Canada invited to Bigtime training session
Show takes place at This is London and Red Square nightclubs in Toronto

Cindy, Christy, Naomi, Gisele ... Edona?

London's Edona Abdulai wants to carve her own niche in the modelling business, and could get her shot after being selected for an exclusive fashion event in Toronto, under the eyes of major players in the industry.

Abdulai was discovered about a year ago at the age of 17 by Eyescout, a placement agency, while strolling through White Oaks Mall.

She says she was initially wary of the approach.

"I didn't know what was going on first," she said. "I didn't believe it, even."

But after appearing in a couple of small photo shoots, building her portfolio, and learning more about the business, Abdulai's desire to become a model grew. She was brought in to audition for Elmer Olsen Model Management.

"Her eyes. Eyes always bring it out."
KEVIN COMEAU OF EYESCOUT, ABOUT ABDULAI'S POTENTIAL AS A MODEL

That led to an invite to appear at the Bootcamp 2 Bigtime runway show tonight in Toronto in front of 25 of the world's biggest modelling agencies.

"We'll be training all day at the Metropolitan hotel," Abdulai said. "It's basically all-day runway walking, learning how to eat properly, how to exercise our bodies properly."

If Abdulai catches the eye of one of the agencies, she will be called back for further meetings and photos tomorrow, with the possibility of a contract-signing to follow.

"I'm really excited," she said. "This is a big (opportunity) for me and I couldn't be happier."

MIKE ARSENAULT

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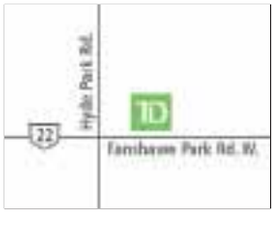

1365 Fanshawe Park Rd. W.
(Hyde Park & Fanshawe)
London
(519) 657-2826

Angelo's bakery to return next month

Months after abruptly closing up shop, Angelo's is returning to London.

In a media release, Pat Ferrero, the son of Angelo's founder, confirmed the popular deli and bakery will be reopening its Wonderland Road North location.

An official opening date has not been set, but the store will be open for business sometime in August. Although many residents know the iconic bakery as Angelo's, the bakery will also be opening with a new name: Angelo's Italian Market.

Last fall, the family-owned company ran into trouble with creditors, which prompted the shutdown of all four of its London locations. **AM980/AM980.CA**

Police search for rifle after man's arrest

A man has been arrested after allegedly being seen with a sawed-off rifle around Country Lane walking toward Adelaide Street.

Some who saw the individual yesterday around 7 a.m. called police. About half an hour later, officers arrested a man in a green space near Adelaide, but he did not have a firearm.

Authorities continue to search the area for a rifle.

Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS (8477). **METRO**

MIKE ARSENAULT/FOR METRO

▶ London's Ken Pham, a member of the Dynamic Dozen flash mob group, performs with his peers at the Covent Garden Market yesterday afternoon. It was the group's first of four stops throughout the city. Recently graduated from John Paul II Secondary School, Pham is in his second year on the dance team.

Flash mob unleashed on market visitors

‘Mob’ is a teen performance group called the Dynamic Dozen

MIKE ARSENAULT
LONDON@METRONEWS.CA

From those in the know, there was a whisper of anticipation outside Covent Garden Market yesterday afternoon. For everyone else, it was the proverbial calm before the storm as soon as club music blared out of a loudspeaker and a flash mob was unleashed.

For the dancers, performing is akin to a runner's high.

"I love it," said Ken Pham, one of the members of the Dynamic Dozen flash mob. "The element of surprise — performing when everyone doesn't know what's happening. They're just having an average day and we just come out of nowhere and perform."

What the crowd didn't see was the in-depth rehearsal and preparation needed to create a successful flash mob, so called when people perform a choreographed dance routine in public to the general public's surprise. Pham said he was ecstatic to see the group's hard work come to fruition.

"We put it together in about three or four days," he said. "We have full days (of rehearsal). We do spend a lot of time on it — on our own and as a group. Probably about 20 hours total. And we had an hour before (the performance) to review."

The crowd seemed transfixed by the acrobatics and slick moves of the participants.

"I thought it was spectacular," said Jon-Paul McGonigle, one of the unsuspecting people in the crowd. "It was very impactful. Everybody in the market seemed really surprised."

Community art

- The flash mob is the Dynamic Dozen's summer job, partially funded by the City of London, to connect with the community through performance art.
- Dancers, who are split into two teams, work 30 hours per week throughout the summer.

Liberals label Horwath a Tory

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Andrea Horwath

The Ontario Liberals have ramped up their campaign rhetoric with an attack on the NDP, calling leader Andrea Horwath "the new Mike Harris."

While that's a tag usually reserved for current Tory Leader Tim Hudak, the province's environment minister said yesterday the NDP's take on poverty and the environment, as well as some of its energy policies, were so weak that they merited a comparison to the former PC premier.

"I'm still trying to come to grips about how Andrea Horwath can be the new Mike Harris of Ontario politics," Environment Minister John Wilkinson said during one of several news conferences to showcase the government's progress ahead of the Oct. 6 election. **THE CANADIAN PRESS**

News in brief

Stolen vehicle slams into house

Two men are in hospital after losing control of a stolen vehicle and slamming it into a house on Marconi Boulevard in London's east end just after midnight yesterday.

The 19-year-old driver and 22-year-old passenger were being questioned by police. Police say charges are pending. **AM980**

Police charge man, 26, with break-and-enter

A 26-year-old London man has been charged with break-and-enter after police found in him at a residence on Regal Drive.

At 2:46 a.m. Tuesday, someone called police about a person they suspected was about to break into a home. **METRO**

1 news

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3 The codes will direct your mobile browser to **m.metronews.ca**

Clarification

Complete information wasn't made available for the restaurants participating in Londonlicious, which opens Friday. Also on the menu: Amici Italian Ristorante, 350 Dundas St., amicieatery.com

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Home County goes green in 38th year

Folk fest showcases 120 artisans, 30 food vendors and 25 of Canada's top roots, folk and indie acts Organic products the focus this year

MIKE BOURGEAULT/FOR METRO

▶ London's Peter Karas and Corinne Garlick of the Dick and Jane Art Co. are regular vendors at the Home County Folk Festival. They're back this year with their signature paintings and clay sculptures.

DAWN LYONS
FOR METRO

This year's Home County Folk Festival features a "green village" where vendors can showcase organic products.

"People who come to the festival are interested in innovative green products," said Catherine McInnes, the festival's artistic director. "I am very happy with the variety and calibre of vendors we have in the first year of offering this."

The festival created 10 places for green vendors this year, eight of which are taken. Some of the goodies on offer include organic dairy products, free-trade and organic spices, eco-friendly shingles and a reusable utility-box service, which eliminates the need for movers to use cardboard packing boxes.

"We are already an environmentally conscious group. We wanted to create a new category for vendors in line with that aspect of the festival," McInnes said.

Also new this year: A hands-on display of 150 percussion and string instruments and a ukulele tent where people can pluck to their hearts' content.

London's poet laureate, Penn Kemp, has selected haikus from entries across the country that will be set to song. Written about Canadian people, places and things, the musical haikus will be performed on Saturday at 3 p.m.

Who plays when

▶ Hawksley Workman

For a complete list of events, go to homecounty.ca.

▶ **Home County 2011 runs** Friday to Sunday at Victoria Park. Admission is by donation ($5 minimum requested).

▶ **Friday**
6 p.m. – New Cumberland
6:45 – Métis Fiddler Quartet
7:45 – Rick Taylor
8:45 – Basia Bulat
9:45 – Sarah Harmer

▶ **Saturday**
6 p.m. – Dwayne Côté and Duane Andrews
6:45 – Ariana Gillis
7:45 – James Keelaghan
8:45 – Emm Gryner
9:45 – Hawksley Workman

▶ **Sunday**
6 p.m. – The Laws
6:40 – Craft Awards
6:50 – Shane Cook
7:30 – Garnet Rogers

Festival Style

SARAH FRANCIS

GET A LITTLE FOLKED UP

A lot of us can't wait to see Sarah Harmer, Hawksley Workman and company strum their stuff on the Vic Park stage this weekend. I love sitting under the stars on a warm summer's night, chilling out to the tunes. Even more, I love a concert vibe for its fashion ops. So ditch your shorts-and-T uniform this weekend and rock the festival-chic look.

Jump around: I don't normally condone onesies for adults, but they look totally at home at a concert. Girls with great legs should try short rompers, while those with impressive top notes should stick with full-length jumpsuits that draw the eye upward. A great belt or long necklace breaks up the silhouette. Try: American Apparel, H&M.

Belt it out: Nothing says summer like a long, flowing dress. Try cinching your waist with a distressed leather or bright skinny belt. Try: Archie's, La Jolie Jupe, Frilly Lizard.

Dance like everyone's watching: A classic pair of canvas espadrille wedges lets you see over the crowd without getting your heels stuck in the grass. Need help staying fashionably grounded? Forgo the grimy flip-flops in favour of strappy metallic gladiator flats. Try: ACCENTS by Fisher & Company, Shoes on Central by Mugfords, JAS Shoes.

▶ For every pair of TOMS shoes you buy, a pair is donated to a needy child. At ACCESS by Fisher & Co.

Wave 'em like you just don't care: You don't need to bring a lot with you. Keep it light with a small cross-body bag to hold all your essentials, leaving your hands free to wave, cheer and fist-pump. Try: Roots, the Bay.

And we all shine on: Laid-back should never mean lazy, so don't forget to rock a few accessories. Resist sparkly extras in favour of cool, '70s-inspired pieces like an over-sized pendant, wide metallic or wooden bracelets and round plastic sunglasses. Try: Tribal Mountain Trade, ALDO Accessories.

Sarah Francis lives in Union and is the style maven behind realliferunway.com. She reports on the latest trends for White Oaks Mall and iVillage.ca.

CONTRIBUTED

▶ Campbell

Bruins bring Stanley Cup home

The Stanley Cup is headed to Tillsonburg.

Gregory Campbell of the NHL champion Boston Bruins says the Stanley Cup will be in his hometown of Tillsonburg on July 30.

Mayor John Lessif confirmed the city is planning a public reception and people will have a chance to get their picture taken with Lord Stanley's mug.

Meanwhile, for those who can't make it, Bruins star Nathan Horton is bringing the cup to his hometown of Dunnville, near Niagara Falls, on Sunday. **AM980/AM980.CA**

DRINK TO THEIR HEALTH

Water your trees, please

It hasn't rained in the past 10 days, and Londoners are being asked to water new and mature trees on private property.

"Trees require water to maintain their regular biological functions: to build new buds cells, ensure root growth and build up energy reserves to prepare them for winter and next spring's growth," said forestry technician Rick Postma. "Trees weakened by lack of water make them less resilient in the long term." **AM980/AM980.CA**

All wet

▶ **The city water bylaw is in** effect until Aug. 31. Street addresses ending with even numbers water on even-numbered calendar days; those ending with odd numbers water on odd-numbered days.

Boyfriend killer sent back to jail

Father says he shot daughter's boyfriend to save her from drugs ◐ Sentence brings some closure to 2 families

A Saskatchewan father who said he shot his daughter's boyfriend to save her from drugs is going back to jail.

It's an apparent end to a long-running and emotional legal battle for two families.

Kim Walker, 54, was sentenced yesterday to eight years in prison after a jury found him guilty of manslaughter in the 2003 death of James Hayward.

Justice Ellen Gunn in Yorkton deducted six and a half years for the more than three years Walker has already spent in jail. He'll serve another 18 months.

Court heard during the trial in May that Walker shot Hayward five times — and then leaned down and drew a bloody cross on the dying man's forehead.

Jadah Walker was 16 when she moved into Hayward's home in Yorkton. He was 24.

Court heard that Walker feared for his daughter's life as well as his own.

He testified that Jadah was doing drugs after moving in with Hayward. He had tried to get police and school counsellors to help, but no one did.

KARL KOPAN/THE CANADIAN PRESS

▶ Kim Walker

At one point, Walker petitioned to have his daughter held for 72 hours in a psychiatric ward. By then her weight had dropped to about 95 pounds from 135.

She went back to Hayward's house shortly after she was released — the day of the shooting.

Jadah Walker testified that Hayward was a "bad influence" on her life — he sold drugs and injected her with morphine.

She also testified that Hayward had threatened her parents.

She said her father came to Hayward's house on the day of the shooting and pleaded with her to come home.

"He is a contributing member of society. He has expressed remorse to the Hayward family."
JUSTICE ELLEN GUNN, SENTENCING KIM WALKER

She said Hayward yelled at her father to get out of the house. That's when her dad grabbed his gun and started firing, she said.

Both the Walker and Hayward families seemed relieved with the sentence.

"As long as he's back in jail, I'm OK," said Hayward's mother, Lorrie Getty.

Jadah said: "Personally I think that's a huge victory for my family.

"I'm a little bit unsatisfied that he has to go back in, but given that she's crediting him for six and a half years is phenomenal.

"And you know, 18 months, we can work with 18 months."

THE CANADIAN PRESS

Brazil. Plane crashes

▶ Workers inspect the burned-out shell of the plane in Recife, Brazil, yesterday.

OTAVIO DE SOUZA/THE ASSOCIATED PRESS

Flames end her chance of life

A woman passenger pleaded for help after a small airliner crash-landed in Brazil yesterday, gesturing through a window to onlookers. But the aircraft burst into flames before aid could arrive. All 16 people on board were killed, officials said. The twin turboprop aircraft reported problems after taking off from Recife.

Morning drama

- Neighbours awoke June 1 to the sounds of a man attacking a family of raccoons with a shovel, police say.
- Officials say one baby raccoon suffered some broken toes and was taken to a wildlife rehabilitation centre to recover.
- The mother raccoon took the other babies away.

Raccoon case eased

The Crown is pursuing lighter charges than it could seek against a Toronto man who allegedly beat a family of raccoons in his backyard.

Dong Nguyen faces charges of animal cruelty and possession of a weapon for a dangerous purpose.

Crown lawyers told court yesterday they are working with the charges as summary offences rather than indictable charges. Indictable offences would allow for greater punishment.

Nguyen, 53, could serve a sentence of no more than 18 months if convicted of animal cruelty.

THE CANADIAN PRESS

Firebombing heats up Winnipeg biker war

A fire a month ago appears to have been the first strike in violent events linked to a heated turf war between two biker gangs, Winnipeg police said yesterday.

Since then, there have been 12 other incidents in which homes and businesses were firebombed or shot at, officers said.

Guns have been seized in the dispute between the Rock Machine and the Redlined Support Crew — a Hells Angels-affiliated gang.

One teenage boy was injured after being caught in crossfire last week.

The latest salvo came early yesterday when a tattoo parlour in the city's Osborne Village was firebombed. Two people were arrested.

JAMES TURNER/METRO

▶ Owner Wayne Nuytten says 187 Ink does not do gang-related tattoos.

"I was kind of stunned," said 187 Ink owner Wayne Nuytten. He said he could understand it "if I was in a gang or a gang member, but I'm not," said Nuytten.

JAMES TURNER/METRO

Karzai weeps over slain brother

Streets of Kandahar were empty and most shops closed in anticipation of a bloody backlash over the killing of president's sibling

A heartbroken Hamid Karzai stood weeping in his murdered half brother's open grave in Kandahar yesterday as one of southern Afghanistan's mightiest power brokers, felled by the point-blank bullets of a confidante-turned-assassin, was laid to rest.

Beyond the confines of the sprawling government guest house where the Afghan president was grieving, however, few were shedding a tear for Ahmed Wali Karzai.

"My message to the Taliban, my brothers, is that they should stop killing their own people," president Karzai told the gathered mourners.

Beyond the walls of the compound known as Mandigak Palace, an eerie silence fell over a city gripped with the fear of retaliatory violence following Tuesday's assassination, which was carried out by a close Karzai associate.

The streets of the provincial capital were empty and most shops closed in anticipation of a bloody backlash — a testament to the power Karzai, a political kingpin, wielded when he was alive.

"Anyone can kill, but real men are the ones who save lives."
AFGHANISTAN PRESIDENT HAMID KARZAI

Few in Kandahar city were untouched by his influence and business dealings, which is why he was so deeply respected and even feared, said Amatullah, a baker in the city's commercial district.

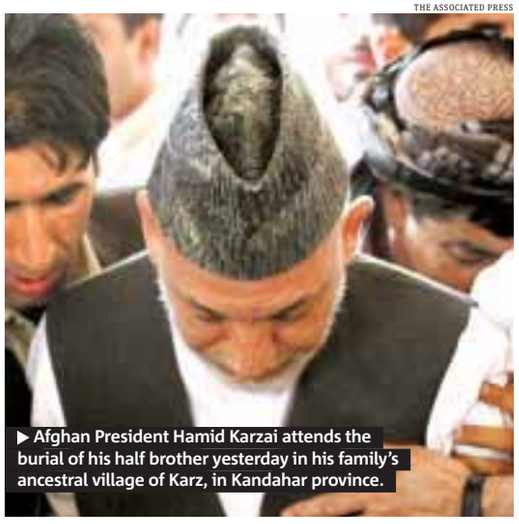
Asked whether Ahmed Wali was loved, Amatullah's gaze fell to the ground.

"No, I don't think so," he said. "No one was sorry, because of his character."

Known by his initials AWK, Karzai practised a bare-knuckle style of politics viewed by many ordinary people as intended to benefit primarily himself and his brother, rather than Kandahar province itself.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS



▶ Afghan President Hamid Karzai attends the burial of his half brother yesterday in his family's ancestral village of Karz, in Kandahar province.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Mumbai rocked by explosions

▶ A bomb squad member collects evidence at the site of an explosion at Dadar in Mumbai, India, yesterday.

Co-ordinated bombings

RUSH HOUR. Three co-ordinated bombings tore through the heart of India's busy financial capital during rush hour yesterday, killing at least 21 people in the worst terror attack in the country since the 2008 Mumbai siege. The attacks came just months after peace talks resumed between India and Pakistan.

THE ASSOCIATED PRESS

"India is not going to cow down. Let those perpetrators of this terror remember, we will find them and Inshallah (God willing) we will give them the justice that India believes in."
CABINET MINISTER FAROOQ ABDULLAH

Blast timeline

MARKET. The first blast struck the Jhaveri Bazaar at 6:54 p.m., tearing through the famed jewelry market. A minute later, a blast hit the busy business district of Opera House, several kilometres away in southern Mumbai.

At 7:05 p.m., the third bomb exploded in the crowded neighbourhood of Dadar in central Mumbai, police said.

THE ASSOCIATED PRESS

Refusing to point fingers

ATTACKS. Indian officials refused to speculate on who might be behind the blasts.

Past attacks have been blamed on Pakistan-based militants, and Indian officials have accused Pakistan's powerful spy agency of helping co-ordinate and fund some of those strikes, including the Mumbai siege.

THE ASSOCIATED PRESS

Responsibility

- **Terrorist group.** A U.S. official said there are no claims of responsibility, or firm indication of which terrorist group might be behind the attack yet. The official spoke on condition of anonymity to discuss matters of intelligence.
- **Killed.** Prithviraj Chavan, the top official in the Indian state of Maharashtra, where Mumbai is located, said the blasts killed 21 people and wounded 141 others.
- **Major attack.** The blasts marked the first major attack on Mumbai since 10 militants laid siege to India's financial capital for 60 hours in November 2008. That attack, which targeted two luxury hotels, a Jewish centre and a busy train station, killed 166 people and escalated tensions between India and Pakistan.

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Google faces off

Google co-founder and CEO Larry Page has made social networking a top priority Accessing social data could help Plus rise to the top, say analysts

Google didn't build its new Plus service simply to have an online hangout like Facebook.

Rather, Google's new social-networking endeavour is trying to gain valuable insights into people's lives and relationships. This could help the company do a better job of targeting ads so that advertisers would pay more and have less reason to spend on Facebook.

If it succeeds, Plus represents Google's best shot yet at muscling into a market that has threatened to topple the Internet search and advertising leader, as Facebook leads the way in making the online world social.

On the surface, Plus is reminiscent of Facebook — with a Google touch. It lets people share photos and status messages, chat with friends and acquaintances and follow news updates. A prominent feature called circles allows users to organize the people they interact with into groups, such as family, close friends or fishing buddies. Users can choose to share things only among certain circles.

Google Plus is still in a restricted, test phase. Only time will tell if it takes off among the broader public or if it's too little, too late to face off with Facebook and Twitter on the social front — just as Microsoft has failed to surpass Google in search with latecomer Bing.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 90.86 (13,324.94)	+ 0.70¢ (104.2¢ US)
Oil	**Natural gas 1,000 cu ft**
+ $0.62 ($98.05 US)	$4.32 US (+ 1.1¢)
	Gold contract
	$1,585.50 (+ $23.20)

Google Inc. has done quite well without its own social network. Its online search engine accounts for two-thirds of queries made in the U.S., and even more in parts of Europe. Its revenue is expected to surpass $36 billion US this year.

Online behaviours are changing, though. People are spending more time on Facebook and other social networks. Google, meanwhile, has bungled past social media efforts. A sharing program called Wave was quickly killed off and Buzz, a later venture, was the centre of a privacy fiasco.

Early response to Google Plus has been positive. But that's no guarantee for broader success.

"Google needs to have a social strategy that is relevant to Google and the way people use Google applications," said Susan Etlinger, analyst at Altimeter Group. "That's very different from how people use Facebook."

THE ASSOCIATED PRESS

Pulling. Strings

▶ A demonstrator from Avaaz, a global campaigning group, wearing a Rupert Murdoch head, holds a puppet of Britain's Prime Minister David Cameron, in front of the U.K. Parliament in London yesterday.

SANG TAN/THE ASSOCIATED PRESS

Media mogul backs down on bid

In a stunning retreat, Rupert Murdoch's News Corp. dropped its bid yesterday to take full control of British Sky Broadcasting during what the prime minister called a political and media "firestorm" over phone hacking at one of the media baron's U.K. newspapers. Murdoch stepped back from making potentially his biggest, most lucrative acquisition, accepting that he couldn't win British government approval of the takeover since the country's major political parties are united against it.

New BlackBerry to shape RIM's success

BlackBerry maker Research In Motion will have to deliver strong new products and financial results to counter doubts about its future prospects, analysts said yesterday, a day after RIM met with shareholders.

"Unless we see positive buildup in market share and positive sell-through of smartphones and tablet PlayBooks, I think for us it's going to be a matter of standing on the sidelines," said technology analyst Sameet Kanade of Northern Securities Inc. "They have gone in four years from being a leader to a reactor."

Shares in RIM dipped in morning trading a day after co-chief executives Jim Balsillie and Mike Lazaridis admitted that it could be doing better in some areas, but remained staunchly upbeat that a new generation of high-end BlackBerrys will drive stronger results.

Recent troubles have attracted criticism and depressed RIM's stock value, including the debut of its PlayBook tablet, a cut to its financial guidance and a plan to lay off some staff. Though the meeting was expected to be a little rough, RIM's directors were re-elected by shareholders.

RIM executives said a new slate of smartphones with an updated operating system will be ready to hit the market in coming months. They also said a new generation of BlackBerrys with the same operating system as the PlayBook tablet will secure the company's future success.

THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS

▶ RIM's tablet, the PlayBook.

Hit its peak?

▶ **RIM shares** were down 31 cents or just more than one per cent at $27.12 on Toronto Stock Exchange, far below their 52-week peak of $69.30 but above the low of $25.28.

FM radio station profits up: CRTC

The CRTC said yesterday that Canadian FM radio stations reported higher revenues and profits for the broadcast year ended Aug. 31, 2010, while there was little change for AM stations. There were 513 FM stations that brought in a total of $1.24 billion in revenue, up from $1.2 billion in 2009. THE CANADIAN PRESS

Air Canada fails in French

Air Canada will have to pay $12,000 to an Ottawa couple because it failed to offer them services in French. A Federal Court judge has also ordered the airline to apologize to the duo. The case arose out of trips the couple took to the U.S.

Air Canada is also required to come up with a system to identify and track violations of its linguistic obligations.

THE CANADIAN PRESS

Chrysler's top-selling Ram pickup recalled

Chrysler is recalling more than 242,000 Ram pickup trucks because of a problem with steering. The recall affects Ram 1500, 2500 and 3500 pickups from the 2008 to 2011. The National Highway Traffic Safety Administration says that a part near the left wheel can fracture and cause loss of steering control. THE ASSOCIATED PRESS

FIRST PLACE IN THE RACE TO MEDIOCRITY

HE SAYS ...

JOHN MAZEROLLE
METRO

I hate to boast, but the fact is I play sports with an incredibly consistent level of mediocrity.

I'm not good or bad. I'm just there.

Tennis? Running? Ball hockey? Average, average, average.

And I love it.

Want to take me on? Well, son, you best stand back at a moderate distance because I'm about to get all middling on your ass. I'm not just mean. I am THE mean.

You say you're average too? Well then, step up, and we'll find out what happens when the undistinguished force meets the intermediate object.

As you can see, it's easy to get my competitive juices flowing, even if those juices are of no-name-brand quality. I have the killer instinct, just no weapons to kill with.

At first blush, it probably seems strange that I have a viciously competitive attitude toward sports when they usually leave me blushing, period. How can I play so happily when I know I'm so very so-so?

"One day, for instance, I can look back on a friendly tennis match and recount it like I'm some epic warrior, even if it's the tale of when I had each of my limbs hacked off by a much better warrior who had this amazing overhand broadsword."

It's simple: I like adventures and want to be part of one, even if I'm just a background character.

Sports are just storytelling in real time, and not everyone can be Indiana Jones. Some of us are just University Student, Bad Guy No. 2, or Guy Who Gets His Head Run Through By A Spike.

Any part in the story will do.

It's a natural urge, to want your life to be a grand adventure. But it's hard to pretend I'm a superhero when the hardest decision I face is deciding how many times a pair of jeans can be re-worn before washing, so I instead play sports — make-believe for adults.

One day, for instance, I can look back on a friendly tennis match and recount it like I'm some epic warrior, even if it's the tale of when I had each of my limbs hacked off by a much better warrior who had this amazing overhand broadsword.

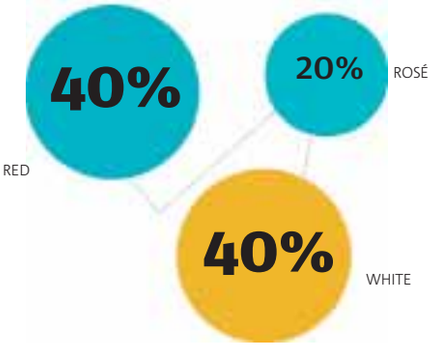
As a mediocre player, I have a small part to play in the narratives of players both better and worse. Just starting to play tennis? Make reaching my skill level a short-term goal! A slightly above-average runner? You'll feel like a world-beater when you blow by me! I'm an inspiration!

So this one goes out to all the mediocre athletes out there. The third-line left-wingers, the soccer fullbacks, the right-fielders batting eighth. I stand with you, here in the middle of the road, ready to offer all the support I can muster. An average amount, of course.

Read more of John Mazerolle's columns at metronews.ca/hesays

Panel **Register at metropolitanpanel.ca and take the quick poll**

What's your favourite type of wine?



Local tweets

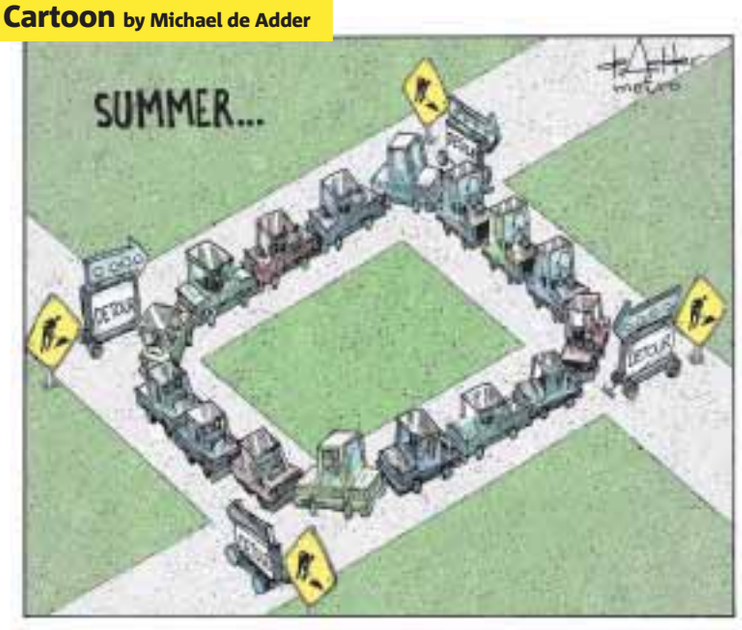
- **@forratschoco:** Help us celebrate our 1st anniversary on #RRow this Saturday, $2.00 ice cream, free cake and more!!! #Ldnont
- **@doorsopenlondon:** Just saw that we reached 600 followers! Thanks London and looking forward to Doors Open London's tenth anniversay. #ldnont.
- **@DeniseTesta:** It's a beautiful Wednesday #LDNONT hope some of you enjoy a piece of it!
- **@eliothong:** You know you have been in #ldnont long enough when a cab driver recognizes you, how you pay, and your regular spots cc/ @tonyayala #uwo
- **@theSAMOshow:** First day of real work in my new community! #ldnont
- **@AndrewForgione:** Big things coming for #uwo students next year! So pumped to drop the news over the next few weeks :D
- **@breckerbones:** Damn you ArtistsAlley graffiti-ers I've been smelling your paint in my apartment for 3 days in #Ldnont
- **@andreahallam:** Taking a break from cleaning my new house to have lunch at wortley village pub! So glad we bought here! #ldnont

Letters

LONDON. My name is Daniel Pugh, director of education for the regional HIV/AIDS Connection. We have really appreciated the great articles and news stories that your paper has covered. However, I would like to publicly respond to the article entitled: "Get your free condoms here shout outs not cool with some festival-goers."

I think it is important to clarify that our agency has been committed to doing HIV prevention outreach at a variety of different events for many years. The reason we, and so many other AIDS service organizations across the province, hand out FREE condoms are rooted in harm reduction. We want our community members to have access to the knowledge and tools they may need to make the most informed sexual-health decisions. Unwanted pregnancies and STIs are one thing, but reducing the likelihood for HIV transmission is our primary goal here. Although we recognize some of our esteemed volunteers employ multiple proactive approaches to their outreach techniques, we do not endorse one single system.

Cartoon by Michael de Adder



WEIRD NEWS

Snake warrants double take at Ukrainian zoo

A two-headed snake has gone on display at a zoo in southern Ukraine.

The "Skazka" (Fairy tale) zoo in the Crimean city of Yalta on the Black Sea said yesterday that the albino California Kingsnake has two heads that think, react and eat separately, though one is more passive than the other.

Dmytro Tkachov, a zoo worker taking care of the snake, said he puts a barrier between the heads when feeding the snake lest one eats the other.

The snake will be on display at the zoo until mid-September. The zoo would not provide further details. THE ASSOCIATED PRESS

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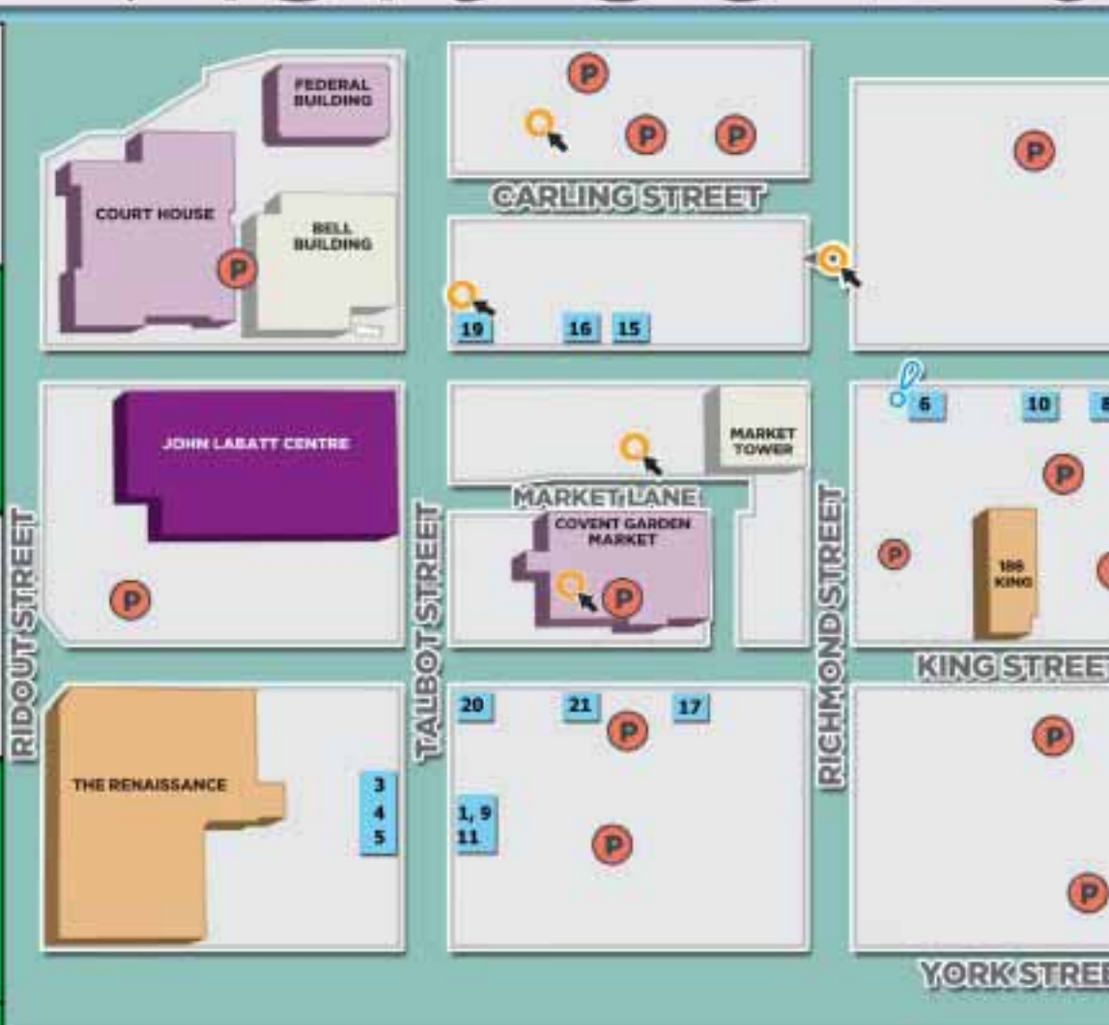

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2 scene

SUBMITTED

▶ Two Crown King will be at Rum Runners this Friday.

Wearing the crown

London's Two Crown King now celebrating the official release of their first EP this Friday

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON

According to Adam Dick, vocalist for the London-based band Two Crown King, their latest release was years in the making.

"About a year ago we put out a four-song demo," Dick says.

That demo featured only Dick and fellow vocalist Sean Goodchild, but the vision for Two Crown King was much more.

"The idea behind Two Crown King was always to be a full band," Dick says. "And at that time we were looking for musicians and locking down the ones we wanted."

The band now includes Ajay Massey on guitar, Jeremy Pimental on bass, Pat Maloney on drums and Scotty Shield on keys, each collaborating to create a unique brand of rock and hip-hop.

On Friday the band will celebrate the official release of its first EP, available for free online.

"We realized the music industry wasn't what it was 10 years ago, and if we wanted to get ourselves heard, we would have to make sure as many people had the opportunity to hear it as possible," says Dick.

Still, Two Crown King's fans have been making their way to Grooves and Sunrise Records to buy a copy of the EP on CD, and on Friday they will be able to get the album on vinyl.

The record highlights the band's eclectic style; elements of funk, pop and rock combined with rap breaks for an engaging listen. It also features a guest appearance by Odario Williams (Grand Analog) on the track Please Believe Me.

The band spent a week recording its latest release at Jukasa Studio near Caledonia, where they lived on a Six Nations reserve. According to Ajay Massey, it was a collective effort, working and reworking each song until every member was content.

"It's like: stop here, play there, add this," Massey says. "And the next day we would play it again and try to keep the parts we like and rework things. We try to let it sit for a while and makes changes if we feel we need them."

On Friday the finished product will be celebrated at Rum Runners at 176 Dundas St., with other London bands The Girls Can Hear Us and Soundminds. Tickets at $10 and include a copy of Two Crown King's EP.

Other events

- **Folk in Forest City** On Thursday folk musicians Allison Brown, Beth Prysnuk and Graham Nicholas will play in the Roots Music Revue at APK Live. This unofficial launch for the Home County weekend will highlight the best London has to offer in the genre. Music starts at 10 p.m.
- **Haunted summer** On Saturday Night APK Live is hosting Halloween in July. People are encouraged to wear costumes and carve watermelons while performers like Lido Pimienta start a dance party.

He's back

The former governor of California will return to acting with a starring role in the Lionsgate film Last Stand. Arnold Schwarzenegger will play a border-town sheriff who unwittingly finds himself battling a notorious drug kingpin on the run.

THE ASSOCIATED PRESS

New prelude to upcoming 'Planet of the Apes' prequel goes online

PM Harper trying his hand at acting

Prime Minister Stephen Harper portrays a clueless cop in an upcoming episode of the Victorian-era detective series Murdoch Mysteries.

Citytv says the prime minister makes the cameo appearance in an episode that airs July 20.

The story centres on the murder of a former defence minister and a mysterious letter signed by Canada's first prime minister, Sir John A. MacDonald.

Harper plays desk Sgt. Armstrong, "a seemingly imperceptive man" who doesn't recognize then-prime minister Wilfrid Laurier when he walks into the police station.

THE ASSOCIATED PRESS

HANDOUT

▶ Stephen Harper

Celebrity tweets

@tomhanks

This weekend, LA! Avoid Carmageddon, Gas-zilla, 405-enstein, Grid-lock-apalooza! STAY HOME. Eat & shop local!

@AlbertBrooks

I think we have to start electing presidents for one six year term. Trying to get re-elected ruins everything.

@SteveMartinToGo

I hear I'm getting a great review in News of the World next Sunday. Can't wait!

@SethMacFarlane

I think little kids cry a lot because they can't have margaritas yet.

Wedding bells for Brangelina?

Sources say power couple finally ready to say 'I do's'

While they've resisted the urge to tie the knot during their six years together, Brad Pitt and Angelina Jolie are reportedly ready to walk down the aisle, three separate sources confirm to Us Weekly.

The ceremony could happen as soon as this summer and would likely take place at the couple's newly renovated Chateau Miraval in Correns, France, which includes a chapel on its grounds.

But despite their high profile, the wedding "would be intimate and informal," a source says.

METRO

JASON MERRITT/GETTY IMAGES

▶ Brad Pitt and Angelina Jolie

Talking points

Apparently SJP wants us to feel sorry for her

JUST DO YOUR JOB AND GET ON WITH IT.

Sarah Jessica Parker says that, despite having plenty of experience in front of the camera, she still gets nervous at the start of each project, and her new film is no different.

"I lose my appetite," she tells Vogue.

"By Wednesday of the first week on I Don't Know How She Does It, I was sobbing. I was apologizing. I was feeling so awful and ashamed, like I had let the director down ... I'm like that two weeks into every movie. METRO

'No boys' for Demi Lovato

KEVIN WINTER/GETTY IMAGES

▶ Demi Lovato

Demi Lovato is taking herself off the market.

"To be honest, right now there is no crush," Lovato says in an interview with Ryan Seacrest.

"I have a pact with my friends right now, literally no boys for X amount of days."

Lovato recently split from Wilmer Valderrama, and she previously dated Joe Jonas, who she says knew all about the "emotional and psychological issues" that landed her in rehab late last year.

"He was my best friend for like years prior to that, so he knew about my problems," she says of Jonas.

METRO

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Forget ScarJo, Ryan has a new hottie

Ryan Reynolds and Charlize Theron are reportedly an item, according to Us Weekly.

The two actors "have been dating — for months! They're exclusive, and it's very hush-hush," a source says.

Last year, Reynolds split from ex-wife Scarlett Johansson, while Theron broke up with longtime partner Stuart Townsend. While the new couple is reportedly quite happy together, don't expect to see them out and about, sources say. "She won't go to an event with him. That's not her style."

METRO

Ryan Reynolds

FRAZER HARRISON/GETTY IMAGES

▶ Victoria Beckham

No more kids for Beckhams, friends say

Victoria and David Beckham happily welcomed their fourth child — and first daughter — earlier this week, but don't expect them to be welcoming a fifth.

Friends of the couple say baby Harper will be their last, according to People magazine.

"She was saying, 'I just want her to get here and want to be holding her in my arms — not in my belly," a source says of Victoria in the weeks leading up to the birth. "She had not been all that tired until the end, when it is just so hard to be active so pregnant."

METRO

3 life

Building a set of bold and beautiful eyebrows

The bushy eyebrow is the trendiest its been since Brooke Shields rocked Calvins Celebrity makeup artist Serge Hodonou explains how to create the look at home

ROMINA MCGUINNESS
METRO WORLD NEWS

Whether you want Kate Middleton's regal arches or the wild, wolf-like gaze of model Natalia Vodianova, the first step is to stop overplucking and let your eyebrows grow. Serge Hodonou, a makeup artist in Paris whose clients include Björk and Freida Pinto, talks us through the next steps to your perfect eyebrows.

1

Identify your face shape

"You need to create proportion," Hodonou says. "On a long, angular face, a curved brow will add roundness and softness. On a more rounded face, straight brows will create a more angular, defined structure."

2

Choose the right colour

"Stick to shades of brown and stay clear of black, as this will bring harshness to the face, even on natural brunettes," he says. "Blondes should go for a shade just a little darker than their natural colour, such as light brown."

3

Create your shape

"Thickly draw in the shape you want with an eyebrow pencil or some loose powder. I don't use a liquid eyeliner pen because it doesn't look natural. Apply a lot of colour on the top half of the eyebrow (not under) as this will help lengthen and widen your gaze. Once you reach the tip of the eyebrow, never go too low because it will drag the eye down."

4

Tap it out

"Aim for natural, not drag queen. Tap and brush the colour using your fingers and then use a Q-tip to remove any excess. Use the Q-tip to blend in the colour and avoid graphic straight lines that look fake," he says.

BOJANA TATARSKA

▶ Blame fashion photo shoots such as this one for bringing the wolf-like, statement brow back.

SERGE HODONOU'S TOP THREE EYEBROW SHAPERS

SHU UEMURA TWEEZERS

▶ "Remove the hairs one by one and never wax or shave," he says. "Remove the bottom hairs only to clean up the brow."
$34, shuuemura.com

MAC EYEBROW PENCIL

▶ "This adds depth and density."
$15, mac.com

CHANTECAILLE EYEBROW BRUSH

▶ "This keeps the brows looking natural."
$20, chantecaille.com

Beauty pick

Penhaligon's Blenheim Bouquet eau de toilette

You'd never guess from its contemporary scent that it was created back in 1902. The top notes of lemon, lime and lavender offer a refreshing opener, while the base notes of musk, pine and black pepper give it real gravitas.
penhaligons.com

RICHARD PECKETT

Turn up the style! Italy will wear Giorgio Armani at next year's London Olympics

The dos and don'ts of hardwood flooring

From oak to maple to beech — beautiful wooden floors never go out of style
Go with dark wood for a traditional look, or choose a light wood for a more contemporary feel

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Anyone who has bought a house or condo over the last 15 years is aware of the popularity of hardwood flooring; it's often the reason we buy one home over another.

Wood flooring, installed properly, in a suitable colour and wood type, can be enjoyed for a lifetime.

Choose the wrong stain, wood or size of wood plank and you'll have a trendy, expensive mess on your hands that isn't always so easy to change.

"The biggest mistake people make when choosing hardwood flooring is that they try to follow short-lived trends," says hardwood flooring expert Bill Schinas of Smithwood Floors in Etobicoke, Ont.

"Choosing a wood type and stain colour that belongs in the architectural style of your home will allow the wood floors to last a lifetime."

CONTRIBUTED

▶ Light wood floors help add a bright, modern feel to a room.

Here's a few of this flooring guru's dos and don'ts when choosing hardwood.

Do: Choose a wood type that is suitable for your lifestyle.
Most open-concept style homes work best with a hardwood like oak or maple. Oak tends to give a more traditional feel to the house while maple floors offer a more contemporary feel.

Don't: Choose your wood type around your decor scheme, but around the era/architecture of your home.
If you live in a modern condo, then choose a trendy flooring choice like grey-stained maple flooring. If you're buying an art-and-crafts style home then a deep cherry wood flooring would be most suitable.

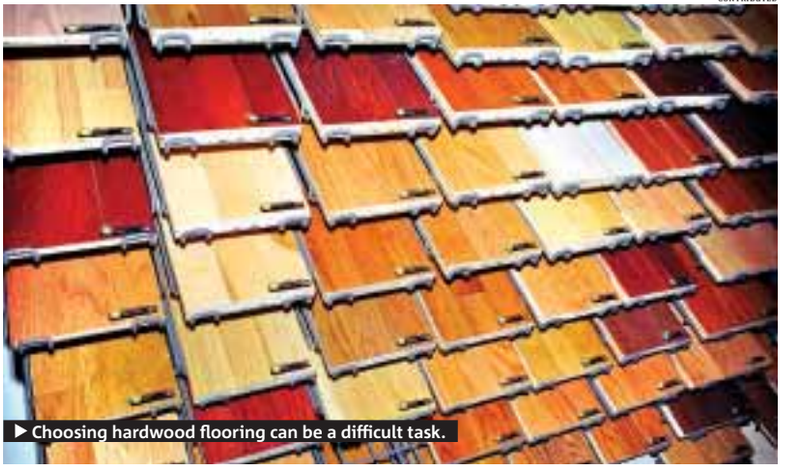
Do: Follow trends of light or dark flooring as these tend to stick around for a long time.
The trend to dark wood has been around for about 10 years and slightly lighter tones are now emerging.

Don't: Choose wide planked floor boards just because they are a trend.
They can make a small space feel smaller and will not suit the scale of most rooms in the new condos and homes.

Wide planked floors will always look great in either traditional or industrial style homes.

Do: Consider stain colours like walnut as it is the most neutral of all the stain colours.
Note that cherry stains will have a more orange colour, mahogany will have more red and driftwood will have more grey (which is a big trend right now, but I think it will be short-lived).

CONTRIBUTED



▶ Choosing hardwood flooring can be a difficult task.

Don't: Allow your decorator to choose your wood type and stain.
If building a house and working with a designer and architect, allow your architect to make the flooring suggestion.

They will not be as affected by trends and will incorporate the flooring choice into the integrity of the house's architectural scheme.

Do: Consider installing unfinished hardwood flooring.
Although there is more work to install on site, it will look more professional. The wood strip lengths are longer and they can be sanded and stained many times over the floor's lifetime.

Pre-finished flooring often has microbevels between the planks, making it more difficult to sand and stain in the future.

Karl's tips:

- **Never match** the wood furniture you have to your floor. Wood furnishings (kitchen cabinets included) should stand off, not blend into, the floor.
- **Use no more than three** wood types/colours in any one room including flooring, furniture and picture frames. This make for a less-busy looking room.

THE DISHWASHER CAN BE A BATTLEGROUND

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Question: My husband and I have argued about this since the day we got married. Can you please share the proper way to load a dishwasher?

Frustrated Wife, Vancouver

Dear Frustrated Wife:

I know exactly what you're talking about!

We had that same argument in my household when I was a kid, and it was only resolved when I became a butler and learned the correct way!

Here are nine golden rules that work no matter what type of dishwasher you have.

1. For the cleaning cycle to work correctly, water needs to be able to circulate around all of the dishes.
2. Overcrowding is the most common problem.
3. Rinse dishes before loading.
4. Use racks for their designated purpose i.e. glassware on the top rack.
5. Items requiring more robust cleaning should be placed on the bottom rack.
6. Always use the amount of soap recommended by the manufacturer.
7. Always use a rinse aid. This really does help keep the dishes spotless (no gimmick here, I promise!)
8. If your dishwasher has a salt dispenser check to see if you have hard or soft water in your area.

The harder your water, the increased chances that you will need salt in the dishwasher to avoid residue buildup.

9. If your dishwasher isn't full, don't run a full cycle. Run the 10-minute rinse cycle.

This will rinse your dirty dishes and you can continue to fill the dishwasher until you have a full load.

How to load the dishwasher
Loading dishes with room around them allows for the water to circulate and clean them.

How not to load a dishwasher
Overcrowding prevents the water from circulating around all of the dishes, a main reason for dirty dishes at the end of the cleaning cycle.

CHARLES WILL BACK NEXT WEEK WITH MORE TIPS ON LOADING THE DISHWASHER

▶ Proper loading of dishes is essential.

When seafood becomes the star in pasta dishes

Use freshly cooked crab for this Angel Hair Pasta with Jalapeno & Mint

If you're lucky, you've never known a world without olive oil or a time when Parmesan cheese only came in green cans.

But there was such a world. Once stigmatized as the cuisine of "garlic eaters," Italian food and its ingredients were almost impossible to find in North America 40 years ago.

"Certain foods were so associated with lower-class people that it was a way of keeping those people and their food in their place," says John Mariani, author of How Italian Food Conquered the World.

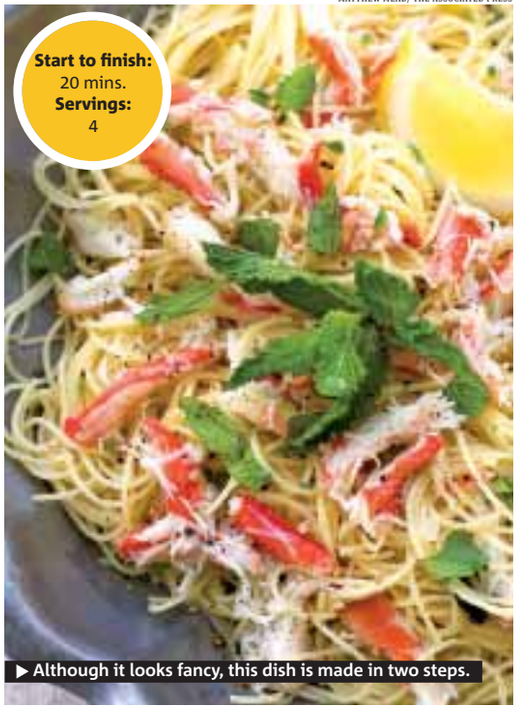
But as increased travel and waves of new immigrants coaxed Americans to be more adventurous, Italian food found its way onto American tables — and into their hearts. During the 1960s and '70s, retailers began marketing "healthy" Italian ingredients, such as olive oil. And during the 1980s, big-name chefs like Wolfgang Puck adapted and enhanced foods like pizza, giving them culinary credibility and pushing them into the mainstream.

"Italian food appeals to such a broad spectrum," says Jonathan Waxman of the New York restaurant Barbuto. "It appeals to kids, snobby people, rustic diners. It appeals to big groups, or an elegant dinner. It goes the full gamut."

Waxman's new book, Italian May Way, adapts the simplicity, seasonality and, most of all, the spontaneity of Italian dishes to American sensibilities.

Among the recipes is this Angel Hair Pasta with Crab, Jalapeno and Mint.

MATTHEW MEAD/ THE ASSOCIATED PRESS



▶ Although it looks fancy, this dish is made in two steps.

Preparation:

1. In bowl, combine crabmeat, jalapeno, garlic, mint, butter. Set aside.
2. Bring a large saucepan of salted water to a boil. Cook pasta according to package directions, about 3 minutes. When pasta is al dente (still slightly firm at the centre), do not strain. Use tongs or a slotted spoon to scoop out pasta and add it to crab mixture. Toss, then add lemon juice. Season with salt.

THE ASSOCIATED PRESS/ ITALIAN MY WAY BY JONATHAN WAXMAN (SIMON & SCHUSTER, 2011)

Ingredients:

- 250 g (1/2 lb) cooked crabmeat, cleaned and picked through
- 1 jalapeno pepper, stemmed, seeded and minced
- 1 clove garlic, minced
- 12 fresh mint leaves, torn
- 90 ml (6 tbsp or 3/4 stick) unsalted butter, cut into small pieces
- 500 g (1 lb) angel hair pasta
- Juice of 1 lemon
- Salt, to taste

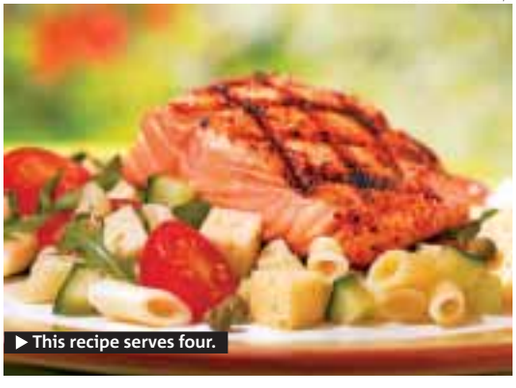
What's your fish of choice? Any variety works in this pasta salad

Preparation:

1. In a large bowl, combine olive oil, lime juice and zest and cayenne pepper, if using. Set aside 30 ml (2 tbsp) of this mixture to brush on fish while cooking.
2. Preheat barbecue to medium-high. Cook fish for 3 to 5 minutes per side depending on fish selected and how you like it done. Brush with reserved dressing occasionally. Season with salt and pepper.
3. Add cooked pasta, cucumber, tomatoes and capers to dressing in large bowl. Toss well. Add arugula and cheese just before serving. Divide evenly among 4 plates or soup plates. Top with grilled fish.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

THE CANADIAN PRESS H/O



▶ This recipe serves four.

Ingredients:

- 75 ml (1/3 cup) olive oil
- 75 ml (1/3 cup) lime juice
- 15 ml (1 tbsp) lime zest
- 2 to 5 ml (1/2 to 1 tsp) ground cayenne pepper (optional)
- 500 g (1 lb) salmon, halibut or tilapia
- 1 l (4 cups) cooked orzo or other small pasta
- 375 ml (1 1/2 cups) finely diced cucumber
- 375 ml (1 1/2 cups) cherry tomato halves
- 30 ml (2 tbsp) drained capers
- 750 ml (3 cups) arugula or baby spinach
- 140 g (5 oz) havarti cheese, cubed
- Salt and freshly ground pepper, to taste

Cured Coho Salmon

Wild British Columbia salmon is cured with citrus and tarragon in this sensational entrée served with fennel, bean and potato salad.

The citrus juice "cooks" the fish, turning its flesh opaque and firm as it marinates, so there's no need to turn on the oven or fire up the barbecue.

Serve it as an appetizer or light meal.

Preparation:

1. In a bowl, mix citrus juice, ginger and tarragon. Using a sharp knife, thinly slice salmon into 3-mm (1/8-inch) thick slices and transfer to a 23-by-33-cm (9-by-13-inch) glass baking dish. Pour citrus juice mixture over salmon, cover and refrigerate for 1 hour.
2. In a pot, place potatoes and mint. Cover with water and add salt to taste. Bring to a simmer and cook until tender. Drain, discarding mint, and let cool.
3. Into a large bowl, dice potatoes. Add beans and fennel.
4. In a small bowl, mix together olive oil, lemon juice, mustard and parsley. Gently toss with potatoes, beans and fennel. Season to taste.
5. To serve, remove salmon from citrus juice and divide equally among plates, placing slices flat. Sprinkle with sea salt and drizzle with oil. Place salad on top of salmon and serve.

THE ASSOCIATED PRESS/ BC SALMON MARKETING COUNCIL

Ingredients:

Cured Coho Salmon

- 12 limes, juiced
- 2 grapefruit, juiced
- 10 ml (2 tsp) finely grated ginger
- 45 ml (3 tbsp) fresh tarragon leaves, chopped
- 500 g (1 lb) boneless, skinless wild B.C. coho salmon fillet

Fennel, Bean & Potato Salad

- 4 to 6 new potatoes, washed
- 1 sprig fresh mint
- Sea salt
- 250 g (1/2 lb) green and yellow beans, trimmed, cored and thinly shaved
- 1 bulb fennel, green fronds removed, trimmed, cored and thinly shaved
- 90 ml (6 tbsp) extra-virgin olive oil
- Juice of 1 lemon
- 5 ml (1 tsp) grainy mustard
- 60 ml (4 tbsp) coarsely chopped Italian parsley
- Freshly ground black pepper
- Sea salt
- Cold pressed grapeseed oil or extra-virgin olive oil

World Cup. Finalists

▶ American forward Abby Wambach, second left, is mobbed by teammates after scoring yesterday in Germany.

THE ASSOCIATED PRESS

American women's soccer team partying like it's 1999

The United States kept its fans breathless again. And just like last time, Abby Wambach came up big. The American forward broke a tie with a thunderous header in the 79th minute, and the U.S. are heading to the Women's World Cup final for the first time since 1999 after a 3-1 victory over France yesterday. Wambach also had the game tying goal in the 122nd minute against Brazil in the quarterfinals.
"We've achieved part of our goal. We're in the final," Wambach said. "We want to complete it. We want to be world champs."
Japan will face the U.S. in Sunday's final after a 3-1 win over Sweden yesterday.

Top QBs ready to end lockout

Deadlines coming up next week to get NFL training camps, preseason started on time

Calling the players' offer "fair for both sides," star quarterbacks Tom Brady, Peyton Manning and Drew Brees — plaintiffs in an antitrust suit against the NFL — said yesterday "it is time" to wrap up negotiations on a deal to end the league's lockout.

Brady, Manning and Brees spoke as a group publicly for the first time with talks in a critical phase, four months into the league's first work stoppage since 1987. Players and owners met yesterday morning at a Manhattan law office for the latest round of discussions.

Although it seems the sides have agreed on the basic elements of how to split more than $9 billion US in annual revenues, there are still key sticking points on how to structure a new rookie salary system and what free agency will look like.

"We share the view that now is the time to reach an agreement so we can all get back to to football and a full 2011 season."
A STATEMENT RELEASE BY THE NFL YESTERDAY.

In a statement released to The Associated Press via the NFL Players Association, New England's Brady, Indianapolis' Manning and New Orleans' Brees said: "We believe the overall proposal made by the players is fair for both sides and it is time to get this deal done."

They continued: "This is the time of year we as players turn our attention to the game on the field. We hope the owners feel the same way."

In response, the NFL issued a statement saying: "We are working hard with the players' negotiating team every day to complete an agreement as soon as possible."

U.S. Magistrate Judge Arthur Boylan ordered both sides to speak with him in Minneapolis next Tuesday, and the owners have a special meeting set for July 21 in Atlanta, where they could vote to ratify a new deal if one is reached. **THE ASSOCIATED PRESS**

Clemens' lawyer says DNA evidence was 'manufactured'

Prosecutors said yesterday that needles and cotton balls Roger Clemens' former trainer says he used to inject the star pitcher tested positive for Clemens' DNA and anabolic steroids — evidence the defence said was faked.

Assistant U.S. attorney Steven Durham revealed the results during opening arguments in Clemens' trial on charges of lying to Congress about using performance-enhancing drugs. Clemens' lawyer Rusty Hardin responded that he won't dispute the needles contain Clemens' DNA and steroids, but accused the trainer Brian McNamee of "mixing" it up.

"He manufactured this stuff," Hardin told jurors. "Roger Clemens' only crime was having the poor judgment to stay connected with Brian McNamee."

Hardin said steroids would have been "incredibly inconsistent with his career and beliefs that there's no way he would have done it."

THE ASSOCIATED PRESS

Sports in brief

Brit sprints to stage victory

TOUR DE FRANCE. Mark Cavendish of Britain won a rainy 11th stage of the Tour de France in a mass sprint yesterday, easily beating Andre Greipel of Germany on the line.

French rider Thomas Voeckler still holds the leader's yellow jersey.

THE ASSOCIATED PRESS

Raps add to coaching staff

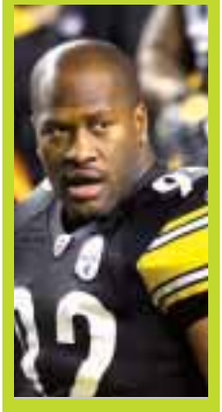
NBA. The Toronto Raptors announced yesterday that Johnny Davis and Tom Sterner have been added to new coach Dwane Casey's staff.

They join assistants Eric Hughes, Micah Nori and Scott Roth.

THE CANADIAN PRESS

4 sports

Quoted



"I hate him and will never respect him."
PITTSBURGH STEELERS LINEBACKER JAMES HARRISON'S COMMENTS ON NFL COMMISSIONER ROGER GOODELL IN THE AUGUST ISSUE OF MEN'S JOURNAL. HARRISON, WHO ALSO CALLS GOODELL A "CROOK" AND A "DEVIL" IN THE ARTICLE, HASN'T BEEN SHY ABOUT RIPPING THE LEAGUE AFTER HE WAS DOCKED $100,000 FOR ILLEGAL HITS LAST SEASON.

"Why don't you quit and do something else, like start your own league in flag football?"
HARRISON, ON WHAT HE WOULD HAVE WHISPERED IN GOODELL'S EAR DURING THE TROPHY CEREMONY HAD HIS STEELERS WON THE SUPER BOWL LAST SEASON.

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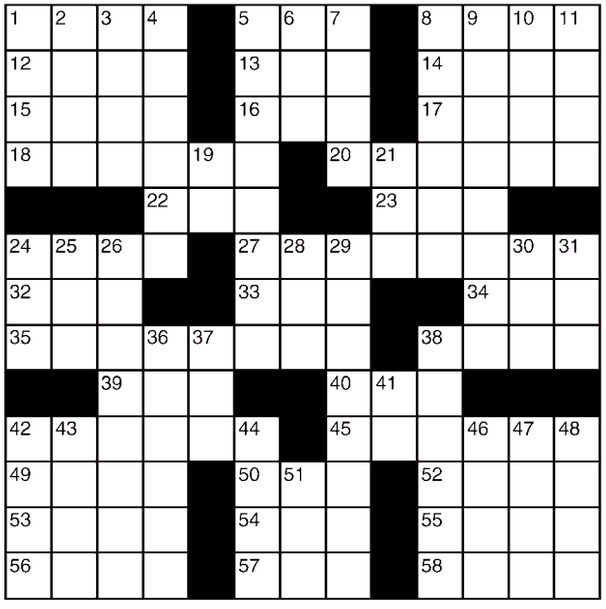
Crossword



Across

1 Summertime pest
5 Leap
8 Mountain goat
12 Opulent
13 Forest bird
14 Thailand, once
15 From the beginning
16 Born
17 Taj Mahal city
18 Curie or Pompadour
20 Straightens
22 Trigger's rider
23 Scull tool
24 Unpaid bill
27 Important person
32 — Baba
33 Popular card game
34 Greek vowel
35 Pre-WWII musicmakers
38 Kentucky fort
39 Dadaist artist
40 Baltimore newspaper
42 Go
45 Chalkboard accessory
49 Pumps up the volume
50 Every last bit
52 November responsibility
53 Wire measures
54 Mainlander's memento
55 Verve
56 Quarry
57 A billion years
58 Auctioneer's call

Down

1 Metric unit
2 1492 vessel
3 Served perfectly
4 Frustrate
5 "South Pacific" song
6 Have 24-Across
7 Entreaty
8 Book before Jeremiah
9 Dartmouth team
10 Deserve
11 Opening day?
19 37-Down, for ex.
21 Depressed
24 Slight touch
25 Inventor Wallach
26 New York City
28 Third-party abbr.
29 Kate of reality TV
30 Ike's old command
31 Remiss
36 Shamelessly bold
37 Spring seg.
38 Jacks
41 Ancient Sumerian city
42 Moist
43 Mideast noble
44 Story
46 Unaccompanied
47 List-ending abbr.
48 Tear asunder
51 Zodiac sign

▶ Yesterday's answer

L	A	M	B		P	J	S		A	D	O	S
I	S	A	Y		I	O	U		T	A	M	E
D	A	M	P	E	N	E	D		E	M	I	T
S	P	E	A	R			S	Q	U	A	T	S
			S	E	A	M		U	P	S		
B	I	D	S		G	O	B	I		C	E	L
E	R	A		L	A	P	A	Z		U	K	E
G	E	M		A	R	E	S		A	S	E	A
		A	I	M		D	E	E	P			
R	E	G	G	A	E			G	A	F	F	E
E	V	I	L		D	A	M	O	C	L	E	S
D	I	N	O		G	N	U		H	E	L	P
S	E	G	O		E	N	D		E	E	L	Y

Sudoku

	9			6			2	
			4		7		8	
				8			7	6
3					6	9	5	
	8		7		3		4	
	2	5	1					8
7	4			3				
	6		5		8			
	3			9			1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	9	2	7	4	5	3	6
7	4	2	5	3	6	1	9	8
6	3	5	9	1	8	7	4	2
9	2	1	8	6	7	4	5	3
8	7	4	3	2	5	9	6	1
3	5	6	1	4	9	2	8	7
4	9	7	6	8	2	3	1	5
2	6	3	4	5	1	8	7	9
5	1	8	7	9	3	6	2	4

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

courtney martin when i first saw you u was so beautiful and then got to know you i believe i found my soul mate with in you for me true love as never been so clear im glad i have you and that heaven is mising an angel because i have you if i ever lost you you are my other half my everything i ever lost you i would lose half of my self i wouldnt be hole with out you <3 **NEMO**

You, sorry..i know it's tough time for you now. please take care of yourself4 me. Stay strong. Just so you know i am here for you if you need any help. have a lovely day my lov. **ME**

*Wizrd of Oz Love Good night and sleep tight.Can u not feel yr princess? where is the trust hon? i only want to c u sleeping now...*ME

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The approaching full moon will make you emotional over the next 48 hours. Think before you speak.

♉ Taurus April 21-May 21 Do you persevere with a project that's in a rut or do you start again from scratch? Taurus doesn't give up.

♊ Gemini May 22-June 21 You need to be tough with people who waste your time on trivialities.

♋ Cancer June 22-July 22 The approaching full moon will give people the idea that they can boss you around. Don't let it happen!

♌ Leo July 23-Aug.23 Try not to give other people the impression that you agree with them when you really don't.

♍ Virgo Aug. 24- Sept. 22 This could be a tense and emotional time, so try to keep your more excitable tendencies under control.

♎ Libra Sept. 23-Oct. 23 Affairs of the heart must be handled with kid gloves today, and tomorrow.

♏ Scorpio Oct. 24-Nov. 22 You won't be able to stay in one place today: You've got to get out and about and see, and be seen.

♐ Sagittarius Nov. 23-Dec. 21 The approaching full moon cuts across the money axis of your chart and your cash flow situation.

♑ Capricorn Dec. 22-Jan. 20 If you have doubts about a relationship, give it some thought but don't make any decisions quite yet.

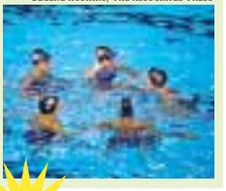
♒ Aquarius Jan. 21-Feb. 18 If you want a break, you must take it. Don't feel guilty: You've done more than your share.

♓ Pisces Feb. 19-March 20. The Sun in Cancer means you're at your most dynamic. **SALLY BROMPTON**

Caption contest

TIM HALES/ THE ASSOCIATED PRESS

EUGENE HOSHIKO/ THE ASSOCIATED PRESS



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You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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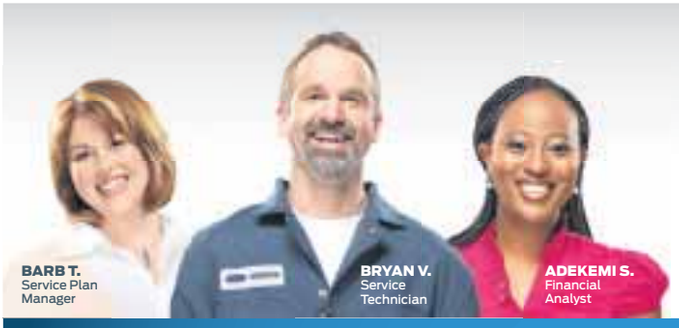

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11.2L/100km **25MPG** CITY**

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